



## Prairie Punisher Duathlon Bike Course Description

The first mile is flat with very little change in elevation.

Over the last half mile of mile 2 to 175<sup>th</sup> and Four Corners Road, there is a 50 ft. rise in elevation.

Over the next six miles to 159<sup>th</sup> and Edgerton Road, there are rolling hills. Five inclines and four declines. The inclines are 35, 60, 35, 30 and 85 ft. (The 85 ft. incline is gradual over a half a mile.) The declines are 85, 70, 30 and 70.

More rolling hills on the "long course extension" of 5 miles. (159<sup>th</sup> and Edgerton Road west to 2400<sup>th</sup> Road north to 143<sup>rd</sup> east to Edgerton Road.) Eight inclines and eight declines. The inclines are 30, 35, 50, 85, 85, 50, 50 and 40 ft. The declines are 30, 65, 45, 80, 90, 65, 45 and 70 ft.

From 143<sup>rd</sup> and Edgerton Road east, there is a 60 ft. incline over three-quarters of a mile. Turn the corner south to 151<sup>st</sup>, quick decline then a series of small hills. At the turn onto 151<sup>st</sup> is a 65 ft. incline. The three miles to 175<sup>th</sup> begins with a nearly 200 ft. incline over a mile and a half. But the next mile and a half is a steady decline 130 of those 200 ft.

The short course is back to the high school with a sharp 50 ft. decent and flattens the last mile and a half.

The long course experiences the third paragraph again. Instead of the "extension", enjoy a 70 ft. incline at 159<sup>th</sup> and Edgerton road followed by a nearly 200 ft. decline to 143<sup>rd</sup> St. and experience the fifth and sixth paragraphs again.